



UPDATE

November/ December 2013

A bi-monthly newsletter for Veterans served by the St. Cloud VA Health Care System, and for those who serve Veterans. Send news items and comments to St. Cloud VA Health Care System, Attn: Public Affairs Officer, 4801 Veterans Drive, St. Cloud, MN 56303, or via email to Barry.Venable@va.gov



Construction UPDATE

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HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Calendar of Events

Tuesday, November 5 - **Flu Shots** available at the Brainerd Community Based Outpatient Clinic from 1 - 3 p.m.

Tuesday, November 5 & 19, December 3 & 17 - **St. Cloud Area Veterans Law Clinic**, 12 to 2 p.m. Free legal consultation for Veterans for: Social Security Law, Housing, Consumer, Child Support, Family Law, and Employment. No criminal law issues will be discussed. Please call 320-253-0138 or 1-800-622-7773 to schedule an appointment. Appointments are held at the St. Cloud VA in Building T-100.

Monday, November 4 & December 2 - Listen to the Bob Hughes hosted **Veterans Radio Show** on KNSI, AM 1450/FM 103.3. Program begins at 8:10 a.m.

Friday, November 8 - **2nd annual Celebration of Caregivers** from 11a.m.-1p.m. The event will be held in the auditorium (Building 8). Find resources to help provide the best care possible, meet and share ideas with other Caregivers and enjoy coffee and refreshments. Call Jess Behrends at 320-252-1670 ext. 7283 for further information if needed.

Sunday, November 10 - **Veterans Day Parade** at the St. Cloud VA & Apollo High School. Parade begins at 1 p.m. See flyer on pg. 5.

Monday, November 11 - **Veterans Day Ceremony** at the St. Cloud VA Medical Center. The ceremony begins at 1:30 p.m. and the key note speaker is Commander of Camp Ripley , Col. St. Sauver. See pg.4.

Monday, November 11—The St. Cloud VA HCS will be closed for regular service this day to observe **Veterans Day**, a Federal Holiday. Urgent Care Clinic open from 8 a.m. to 6 p.m.

Calendar of Events

November 20 & December 18—Listen to the **Voices for Veterans** Radio Show on WJON AM 1240. Program begins at 8:10 a.m.

November 15 & December 20—**Southwestern Minnesota Veterans' Law Clinic**, Noon to 2 p.m., at the Montevideo CBOC. FREE legal consultation for Veterans. Please call 320-430-1051 to schedule an appointment.

Thursday, November 21- **Great American Smokeout**. The St. Cloud VA will celebrate the event with a **Healthy Living Fair** in the Auditorium (Building 8) from 9 a.m. until 3 p.m. The Employee's Association is offering "Cold Turkey" lunch consisting of a turkey wrap, chips and a beverage. Participants also can enter the Cold Turkey Contest and Healthy Living Contest for a chance to win a grocery gift card. The event is free and open to Veterans, their family members and employees of the St. Cloud VA Health Care System.

Tuesday November 26—**Drop in Legal Clinic** - Minnesota Assistance Council for Veterans, in partnership with Central Minnesota Legal Services, invites you to participate in a free legal clinic covering child support & family law, employment, benefits, expungement and debt collection. Hours are 10:30 a.m. to 3:30 p.m., in the St. Cloud VA HCS Auditorium - Building 8. For more information contact: Sara Sommarstrom – MACV, at 651.224.0292, ssommarstrom@mac-v.org.

Thursday, November 28 - The St. Cloud VA HCS will be closed to observe **Thanksgiving Day**, a Federal Holiday. Urgent Care Clinic open from 8 a.m. to 6 p.m.

Wednesday, December 25 - The St. Cloud VA HCS will be closed to observe **Christmas Day**, a Federal holiday. Urgent Care Clinic open from 8 a.m. to 6 p.m.

Veterans Day Parade



VETERANS DAY PARADE



Sunday,
Nov. 10, 2013

VETERANS DAY CELEBRATION

Parade Time: 1 p.m.

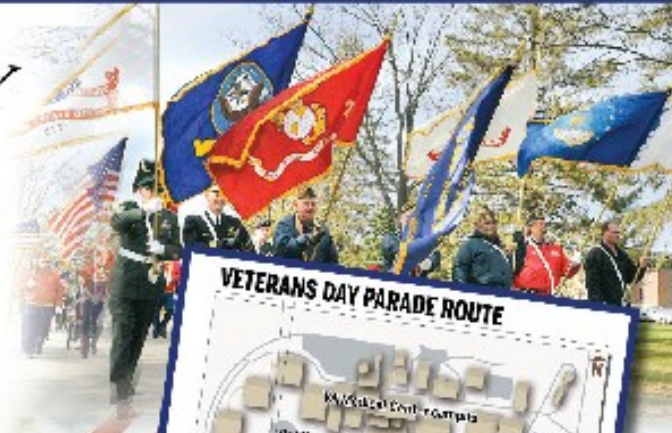
Parking available at the VA and Apollo

Open House - Following parade,
Apollo High School

Light refreshments will be served

All area Veterans, active duty military, Reservist and National Guard members are encouraged to march in the parade. The community is invited to honor Veterans at the parade and open house.

PLEASE JOIN US IN THANKING OUR
MEN AND WOMEN IN UNIFORM...
PAST AND PRESENT



St. Cloud Times | actimes.com



Veterans Day Ceremony

Veterans Day Ceremony

***Please join us in honoring our
Veterans***

1:30 p.m.

***Building 8 (Auditorium)
St. Cloud VA Medical Center***

***Key note speaker:
Camp Ripley Commander
Colonel Scott St. Sauver***

***Light refreshments will be served
and everyone is welcome to attend***



We are renovating and enlarging facilities on our 89-year-old campus to better meet the needs of today's Veterans. Extensive construction began at the St. Cloud VA Health Care System in 2007 and is projected to continue through 2020.

Completed projects include a new Laboratory and Respiratory Care treatment area, renovation and expansion of an Urgent Care Clinic, construction and activation of an Ambulatory Surgical Center, significant

environment of care improvements in Mental Health patient care areas and the Women Veterans clinic, and the recent addition of MRI services.

Active projects in design, contracting, and construction include the expansions of Dental, Audiology, and Pharmacy spaces; the complete renovation of one of the community living center buildings (Bldg. 49); a new Mental Health building; a new kitchen; renovation of the former kitchen area in Building 4 for additional Primary Care space; a walking path; a new building for rehabilitation services; and a reconfiguration of buildings 9 and 28 for the Residential Rehabilitation Treatment Program (RRTP). The RRTP project will enable the addition of 23 beds to the program, from the current 148 to 171 beds.

Projects currently in the planning stages include: construction of CLC cottages; construction of an Acute Diagnostic Imaging Center; renovation of the Canteen; expansion of the Mental Health Outpatient Clinic; renovations of Buildings 29, 48, 50, and 51; construction of a multi-disciplinary Specialty Clinic; construction of a new Adult Day Health building, and construction of both patient and staff parking structures.

Additionally, significant infrastructure updates are planned or underway, including the addition of geothermal heating and cooling systems, numerous elevator projects, upgrades to emergency power generators, HVAC upgrades, road and sidewalk improvements, and replacement of windows.

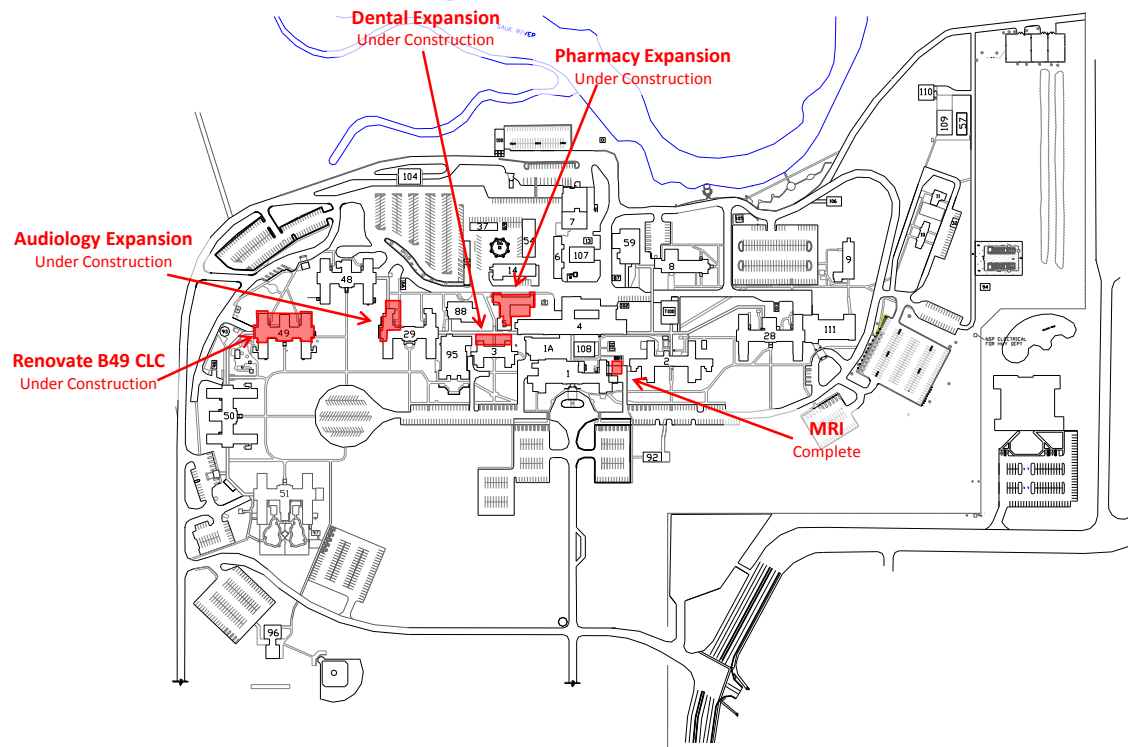
Additionally, significant infrastructure updates are planned or underway, including the addition of geothermal heating and cooling systems, numerous elevator projects, upgrades to emergency power generators, HVAC upgrades, road and sidewalk improvements, and replacement of windows.

The following pages will give you an overview of many of the major construction projects that have been started, will be started shortly or are in the plans for the next few years.

Ongoing Projects

St. Cloud VA Medical Center

FY13



Audiology Clinic Expansion

Expanding the Audiology Clinic will improve access for hearing evaluations and decrease wait times for appointments.

- 2,800 square foot, single-story addition to the existing Audiology Department in Building 29.
- Remodels approximately 1,800 square feet of existing space.
- Removes three existing audiology booths and replaces them with six new, more accessible audiology booths.
- Adds five more rooms to be used for exam, fitting of hearing aides and office space.

Construction began in June 2011.

Contractor: RPruesser Construction, Inc. St. Cloud, MN

Design: IMAGE Group Architecture & Interiors, Moorhead, MN



The expansion has increased the amount and size of the booths.

Dental Clinic Expansion

Expanding the Dental Clinic will decrease wait times for Veterans, expand services, and provide services for OIF/OEF/OND Veterans currently being referred to Non-VA care. It doubles capacity and adds oral surgery.

- 3,600 square foot, two-story addition to Building 3.
- Remodels approximately 2,000 square feet of existing space.
- Includes a new oral surgery room, a private operatory space for special needs Veterans, a dental office, new reception/waiting area, and the addition of seven new dental stations for a total of 18 stations.
- Adds elevator and upgrades and expands HVAC.

Contractor: Paradigm construction, Sioux Falls, SD

Design: IMAGE Group Architecture & Interiors, Moorhead, MN



Larger waiting room, already in use.

MRI Addition

The MRI Addition adds new diagnostic imaging capability, increases convenience for Veterans, enables enhanced coordination of care, and greatly reduces Non-VA Medical Care costs. Projected cost savings are over \$800,000 per year.

- Added 2,500 square feet of new construction on the northeast corner of Building 1 and remodeled 1,100 square feet of existing space in the basement of Building 1.
- The MRI suite included the large bore (70 cm) scanner and an “Ambient Experience” for the patient.

Construction began in December 2011 and was completed in the Summer of 2013.

Construction: Division 21, Inc., St. Paul, MN.

Design: IMAGE Group Architecture and Interiors, Moorhead, MN



Veteran Jim Hansen from Osakis, MN underwent the first MRI study in the new facility on September 17, 2013.



The new MRI scanner, with ambient experience.

Pharmacy Expansion

The Pharmacy is expanding to serve more Veterans and increase IV service and capabilities.

- Adds 2,000 square feet to Building 5 and renovates 5,500 square feet of existing space.
- Upgrades HVAC

Construction began in August 2011.

Contractor: RPruesser Construction, Inc., St. Cloud, MN

Design: IMAGE Group Architecture & Interiors, Moorhead, MN



Renovate Building 49 CLC

A total renovation will bring this 1930s-era ward setting into the 21st Century. The residential living spaces will be equipped with private rooms and baths, and upgraded common areas. It will increase better overall living conditions for Veterans, create more privacy and will decrease noise.

- Adds 3,000 square feet to Building 49 and renovates existing space.
- Infill requires expansion of the building's footings, adding space to all floors and including the crawl space, basement, and first and second floors.
- Renovates and expands HVAC systems; electrical, plumbing, data, phone and other communications.

Construction began in December 2011.

Construction: Versacon, Inc., Maple Grove, MN

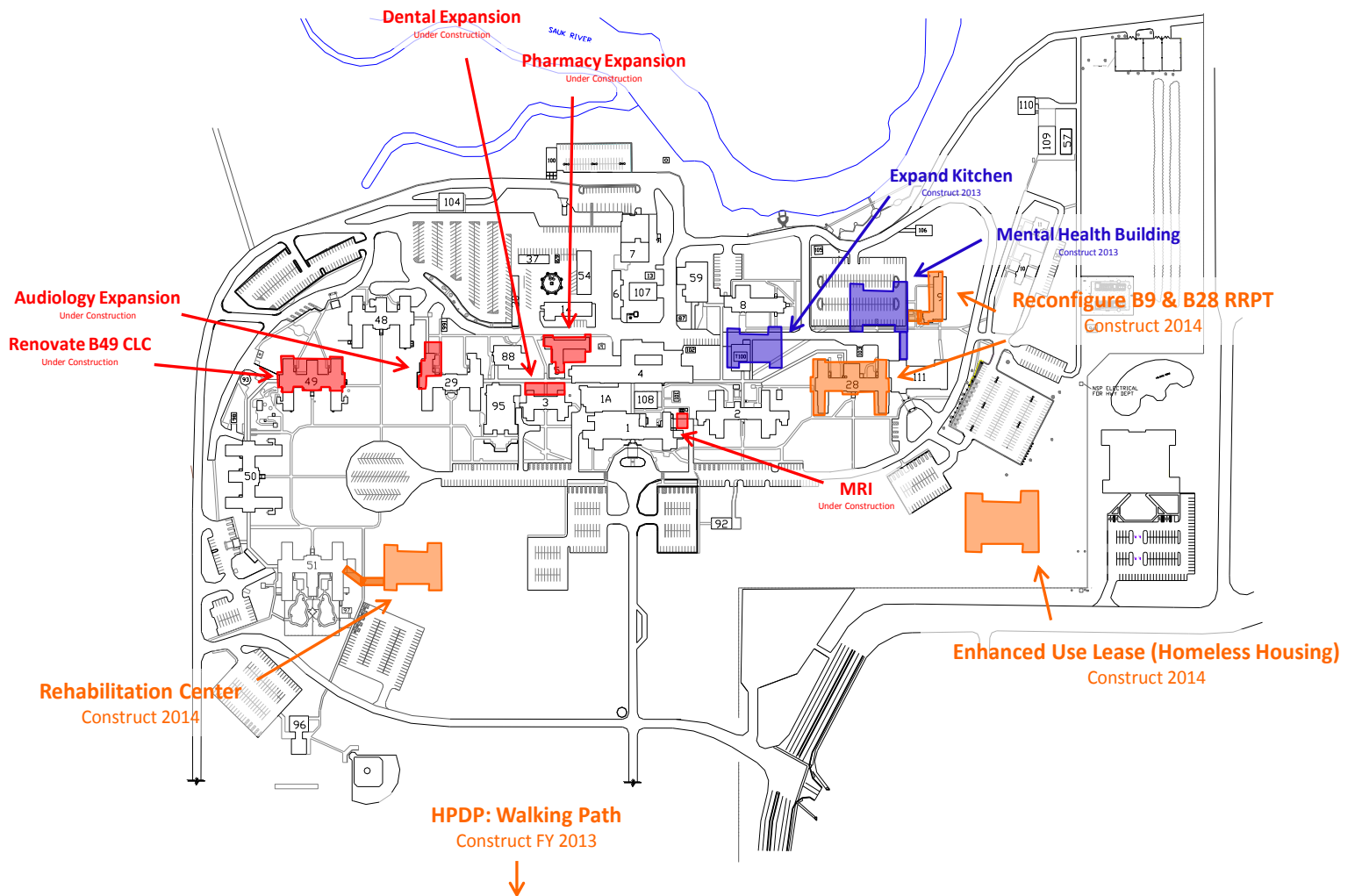
Design: HDR Architecture, Inc., St. Paul, MN



Recent / Anticipated Project Starts

St. Cloud VA Medical Center

FY13 to FY14



Mental Health Building

Expansion of mental health offerings will help meet increasing demand and increase capacity for the treatment of numerous mental health conditions. It will enhance the functional recovery of Veterans suffering from serious mental health and substance use issues.

- 19,000 sq. ft., single story building with a below grade crawl space and connecting corridor (expandable for future second level).
- Safe, secure and modern environment of up to 20 beds appropriate for short-term, acute inpatient psychiatric care.
- The interior design allows for enhanced lines of sight, contains space for modern treatment methods, and is adaptable should treatment modalities evolve over time.

Construction began in April 2013.

Contractor: Paradigm Construction, Sioux Falls, SD
Design: RSP Architects, Minneapolis, MN.



Interior, Nov 1, 2013



Expand Primary Care & Reconfigure Support Space (Kitchen)

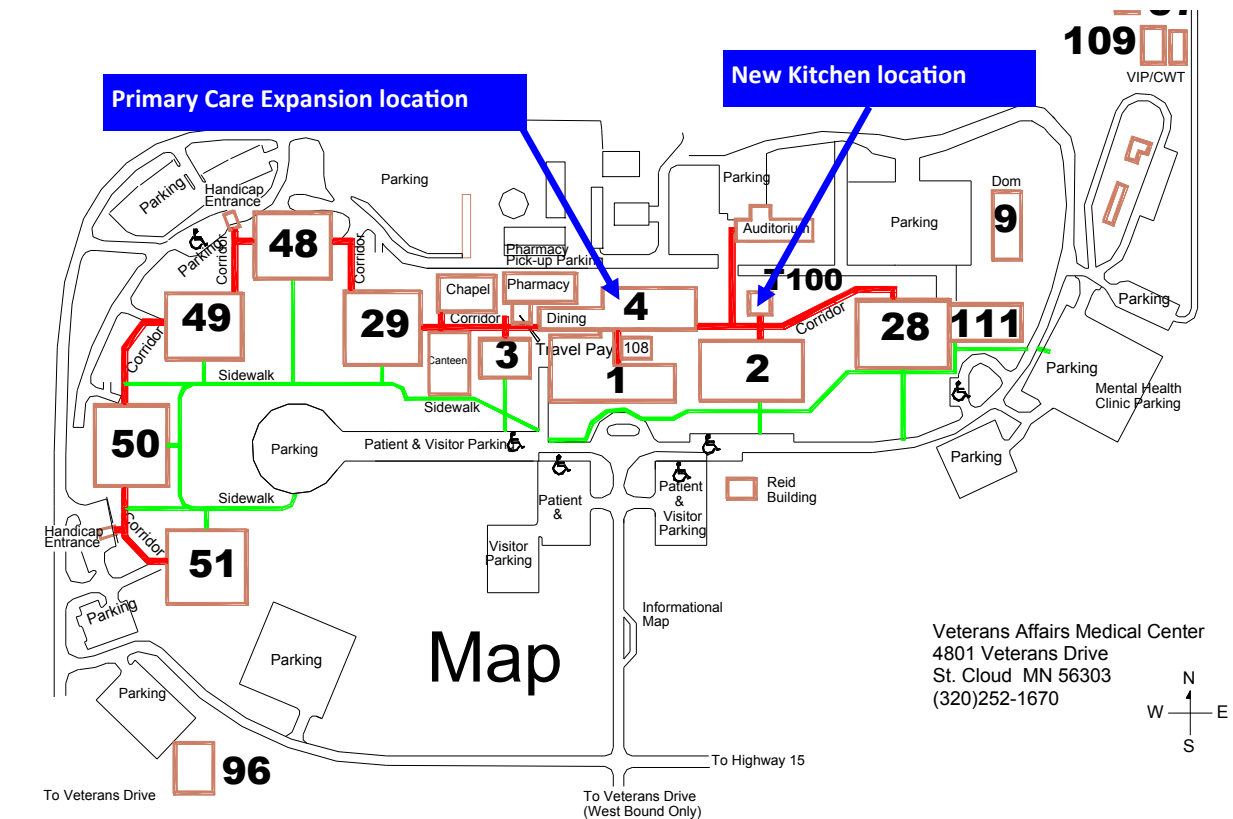
This project will build a new kitchen to replace 1924-era “farm” kitchen and allows existing kitchen space in central core of campus in Building 4 to be renovated into Primary Care space.

- 18,000 sq. ft., single story building with a below grade crawl space and connecting corridor (expandable for future second level)

Construction: TBD, anticipated start Fall 2013.

Construction: Versacon, Inc., Maple Grove, MN

Design: HDR Architecture, Inc., St. Paul, MN



UPDATE 10/5/10

Rehabilitation Center

The new Rehabilitation Center will create additional, modern space to meet demand for expanded rehabilitation therapies and needs of residential and outpatient patients; replaces antiquated and inadequate space.

- 19,047 sq. ft. (17,292 sq. ft building/1,755 sq. ft corridor), single story building with a below grade crawl space and connecting corridor (expandable for future second level).

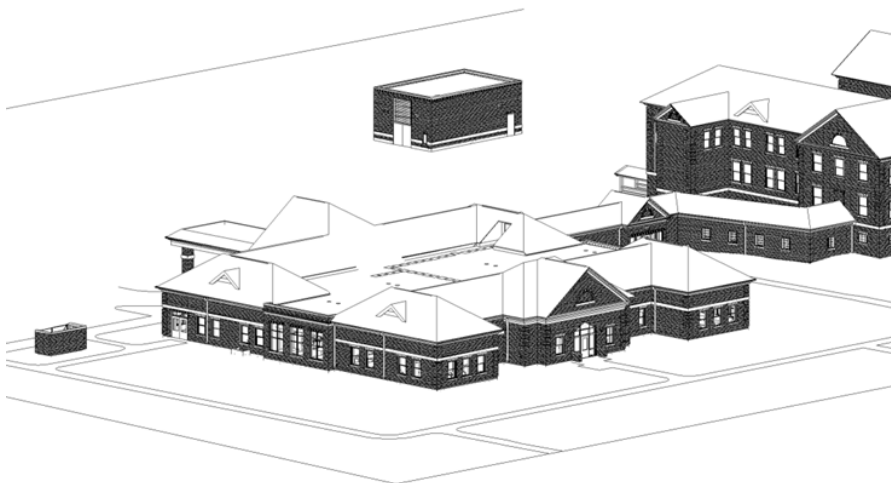
- Features include a central, open therapy area and enhanced activity and treatment areas.

Construction TBD, may start in Fall 2013.

Contractor: Paradigm Construction, Sioux Falls, SD

Design: Horty Elving, Minneapolis, MN

Artist Rendering of Rehabilitation Center

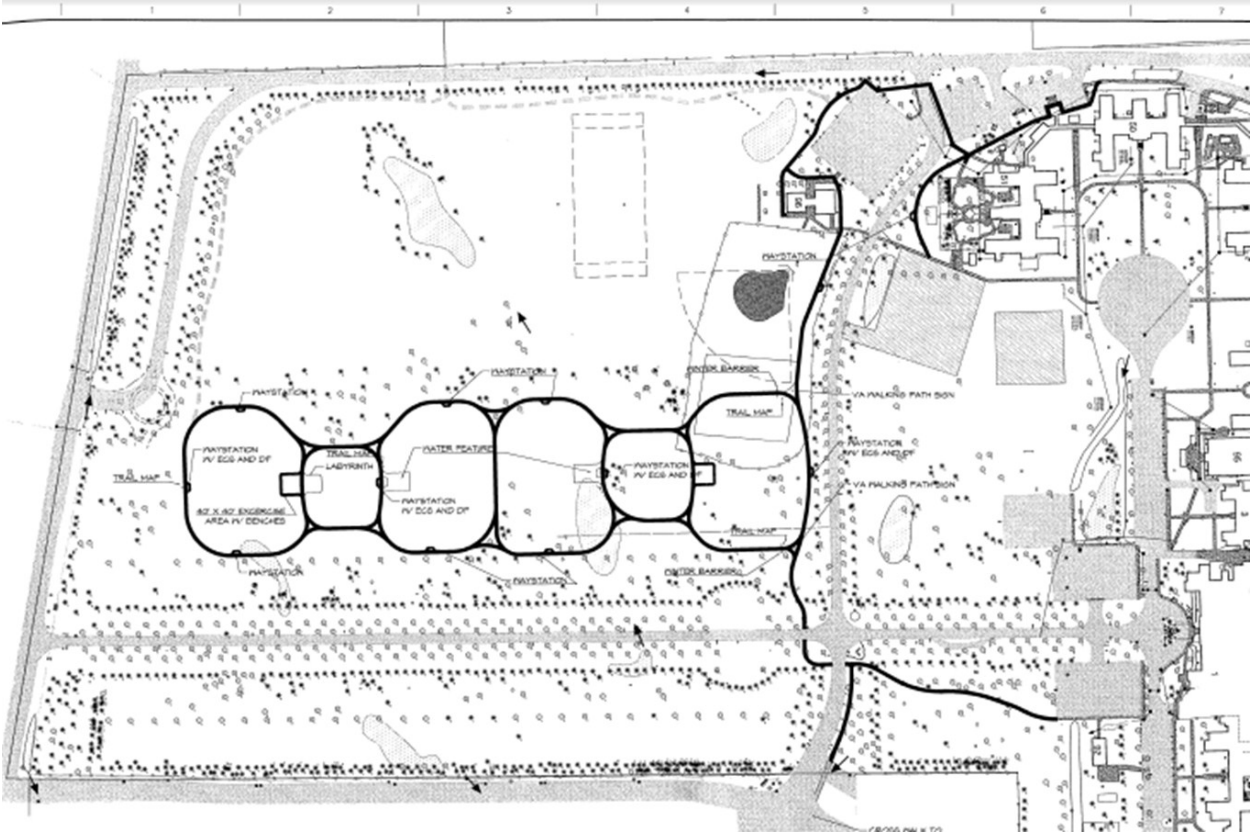


Walking Path

- Approximately one mile in length.
- Includes an East-West path across campus, and provides for benches, emergency call stations, utility feeds, and memorial areas.

Contractor: The Povolny Group, St. Paul, MN

Bold lines show where the walking path is located



In Design - Future Years

- Expand Bldg. 1 for Acute Diagnostic Imaging Center
- Construct Outpatient Mental Health Clinic (Expand Bldg. 111 by adding second floor)
- Renovate CLC—Bldgs. 49, 48, 50, 51
- Construct CLC Cottages
- Construct Adult Day Health Care Building
- Reconfigure Bldg. 2--RRTP
- Expand SPS (Renovate Bldg. 4B)
- Renovate Canteen
- Expand Laboratory
- Renovate Specialty Care Spaces
- Construct Patient and Staff Parking Structures



Experience Health for Life

Does your health matter to you? At the St. Cloud VA, our goal is to assist you in establishing your own personal health plan which enables health and well-being so that you can pursue everything else that matters to you!

Health for Life Tips on Facebook is designed to provide you convenient health coaching and support messages and reminders on a wide variety of topics in support of your health goals.

It's free... "like" us on Facebook to help you stay healthy!

www.facebook.com/StCloudVAHCS

Stay healthy!

Like us to learn how!



My HealtheVet

Keeping the Promise

Celebrating 10 Years of Online Access



My HealtheVet is celebrating 10 years of online access!

All Veterans, Servicemembers and employees are encouraged to enroll or upgrade today at www.myhealth.va.gov. For more information, contact Brian Vetter at (320) 252-1670 x7335.

My HealtheVet Vet has been bringing Veteran's health information to their fingertips, and continues to work to bring even more.

My HealtheVet is now offering the **Veterans Health Library**. This library is a new online resource designed to provide Veterans with a range of trusted health information in any easy to understand format. In addition to this, in January, My HealtheVet released the VA Blue Button feature. If you use the VA Healthcare System, you are now able to view more of your VA health care record, including:

- VA Notes
- VA Vital signs and Readings
- VA Problem List
- VA Pathology Reports
- VA Radiology Reports
- VA Admission/Discharge Summaries
- VA Appointments
- VA Lab Results (including microbiology)

The next two pages explains more about the Veterans Health Library



Veterans Health Library

Your source for health information ★ ★ ★ ★

The Veterans Health Library: Veterans' Frequently Asked Questions

Q. What is the Veterans Health Library (VHL)?

The VHL provides Veterans, their families and the public with an easy-to-access source of consistent, Veteran-centered, up-to-date health information. The VHL's health information was developed by Krames StayWell, a leader in consumer-friendly health resources. VA clinical experts reviewed the Krames StayWell resources and provided additional Veteran-specific content for the Library.

Q. How can I get to the VHL?

You can access the VHL:

1. at www.veteranshealthlibrary.org or
2. by going to My HealtheVet, <https://www.myhealth.va.gov> and clicking on **Enter Here, Research Health, Medical Library** and **Veterans Health Library**.



Q. How does the VHL help Veterans?

The VHL provides information on a wide range of health topics, including wellness and prevention, understanding a diagnosis, making treatment decisions, preparing for a test or procedure, rehabilitation and recovery, and self-managing your health. The VHL offers thousands of content resources, including:

- Information sheets and booklets
- Workbooks about how to manage specific diseases
- Videos

The VHL is easy to use and includes Veteran-specific health topics such as posttraumatic stress disorder (PTSD), combat-related traumatic brain injury and condition management information. The VHL provides health information and tools to help Veterans:

- Live healthier
- Understand medical conditions and treatments
- Prepare for health care visits
- Partner and talk with their health care team
- Share in health care decisions and be more involved in their health care

Veterans can print VHL information and share it via social media (Twitter, Facebook) and e-mail.



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention

Q. Is content available in Spanish?

Yes. Simply click the En Español tab at the bottom of the left-hand navigation.

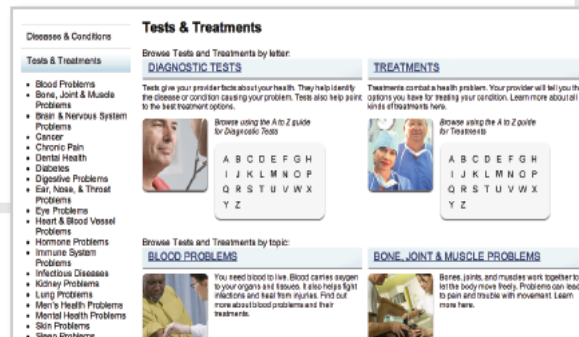
Q. Where do I get information about the tests or treatments I may need?

Veterans can find a comprehensive listing of education resources in the Tests & Treatments section listed on the left-hand navigation. Browse by letter or by topic such as colonoscopy or diabetes.

Q. Are there videos or multi-media on the VHL?

Yes. The Video Library, of over 150 available health topics, is listed under the Additional Resources tab on the left-hand navigation. All videos provide a closed captioning option for Veterans who may have trouble hearing.

The VHL also includes Go-to-Guides™, multi-media workbooks that combine video and animation, audio, text and graphics to help Veterans manage their conditions.



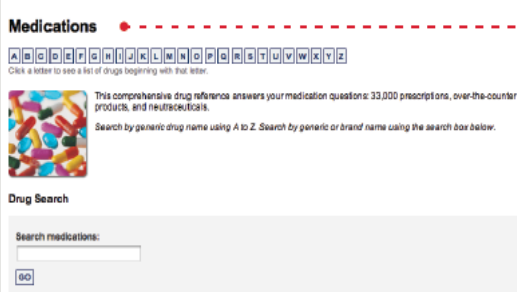
Q. What health information will I find in the "Living Well" and "Living With..." sections?

"Living Well" includes easy-to-understand information and advice to help Veterans stay healthy and improve their quality of life. Topics include being involved in your own care, screening tests and immunizations, and more.

The "Living With..." section can help Veterans understand and manage chronic conditions with a large collection of trustworthy information and resources.

Q. What other Veterans Resources are available through the VHL?

The VHL is designed to be a Veteran's comprehensive source for trusted health information. Links to several VA resources are listed right on the VHL home page, including Healthy Living Messages, VA Polytrauma/Traumatic Brain Injury, and VA Smoking Cessation, just to name a few.



Q. How do I access medication information?

The Medications tab on the left-hand navigation leads to a variety of drug references. Search by letter or keyword for answers to your questions about over 33,000 prescriptions, over-the-counter products, and nutraceuticals.

Q. How often is content updated?

The health information on the VHL will be updated as needed based on feedback from VA clinical experts, and at least every two years.

Q. Where do I go for help regarding the VHL site?

The Contact Us section includes links where you can find answers to Frequently Asked Questions, ask a question or look up toll-free phone numbers for additional help.

VA, the Affordable Care Act, And You

The Affordable Care Act was created to expand access to affordable health care coverage, lower costs, and improve health care quality. This is one of the most significant health policy changes to occur in the United States since the creation of Medicare and Medicaid.

This article provides a brief overview of the health care law, information about VA and the health care law, and outlines VA's current efforts to communicate with Veterans and VA employees about the law.

Overview of the Law

The health care law represents comprehensive reform of the health care delivery system and health insurance market. The law expands access to affordable health care coverage, lowers costs, and improves health care quality and care coordination.

The provisions of the health care law began taking effect in 2010 with provisions such as the requirement for health plans to cover certain preventive services with no cost-sharing. Starting Jan. 1, 2014 the health care law requires most individuals to have

health coverage that meets a minimum standard (called "minimum essential health care coverage"); qualify for an exemption or make a payment when filing taxes if they have affordable options but remain uninsured.

Individuals who are enrolled in federal programs (such as VA, Medicare, Medicaid, or TRICARE) or who have health care coverage through an employer (for example, Federal Employees Health Benefits Program) meet the health care law coverage standards and do not have to take any further action.

VA employees enrolled in one of the health care coverage options offered through the Federal Employees Health Benefits Program meet the health care law's requirement to have health care coverage, and no further action is required. Employees not enrolled in the Federal Employees Health Benefits Program may do so during Open Season in the fall of each year.

Individuals who have access to affordable coverage but remain uninsured may have to make a payment to the Internal Revenue Service (IRS) when filing their taxes. The payment will be either a flat charge or a percentage of taxable household income, depending on which amount is higher. The individual payment ranges from \$95 or 1 percent of taxable income in 2014, the first year health care coverage is required, up to \$695 or 2.5 percent of taxable income in 2016.

The health care law provides options for individuals who currently do not have health care cov-

erage. This includes purchasing private health insurance through the Health Insurance Marketplace.

The Health Insurance Marketplace is a new way to shop for and purchase private health insurance. Starting October 1, 2013, individuals can submit an application for health care coverage through the Marketplace. Additionally, some states are choosing to expand their Medicaid programs under the health care law. If an individual lives in a state choosing to expand Medicaid, they may become eligible for health care coverage under this program.

VA and the Law

Since the health care law was enacted, VA has been active in understanding the health care law and identifying opportunities to share information with Veterans, employees and other stakeholders that the health care law does not change VA health benefits or Veterans' out-of-pocket costs.

VA will continue to provide Veterans with the high quality, comprehensive health care and benefits they earned through their service. If a Veteran or other beneficiary is enrolled in the Veteran's health care program, Civilian Health and Medical Program (CHAMPVA), or Spina bifida health care benefits program, they meet the health care law coverage standards and don't need to take any additional steps.

Veterans may apply for VA health care enrollment at any time. Enrollment in VA health care means access to medical care rated among the best in the U.S, immediate benefits of health care

Cont. on next page

coverage, and no enrollment fee, monthly premiums, or deductibles. Most Veterans have no out-of-pocket costs, though some Veterans may have to pay small copayments for health care or prescription drugs. Enrollment in VA care also provides Veterans with more than 1,700 available sites to access care. This means Veterans coverage can go with them if they travel or move.

Resources

VA has developed resources to provide information about VA and the health care law. This includes an eligibility calculator that Veterans can use to assist them in determining their eligibility for VA health care programs.

VA has also developed a fact sheet and frequently asked questions to provide answers to questions from Veterans and their family members about VA health care and the health care law.

These information materials can be accessed in one convenient location at www.va.gov/aca. For more information about VA health care and the health care law, visit VA's website or call 1-877-222-VETS (8387), Monday through Friday 8 a.m. to 10 p.m. or Saturdays from 11 a.m. to 3 p.m., Eastern.

Veterans' family members who are not eligible to enroll in a VA health care program may purchase health care coverage through the Marketplace. They may get lower costs on monthly premiums or out-of-pocket costs. They could be eligible for free or low-cost coverage through Medicaid or the Children's Health Insurance Program (CHIP). Starting October 1, 2013, they can submit an application for health

care coverage through the Marketplace and learn the amount of assistance they are eligible for. For more information on the Marketplace, visit www.healthcare.gov or call 1-800-318-2596.

A series of educational modules about the health care law are also available for VA staff via VA's Talent Management System (TMS). The first module, TMS Item #17037 – "High Level Overview of VA Health Care and the Health Care Law", is now available.

Other training modules will be disseminated throughout the summer and fall. Additional training topics include detailed information on the health care law and information tailored for specific employee groups (e.g., clinicians and public affairs officers).

Summary

The health care law represents an opportunity for most Americans to have access to affordable health care coverage and provides several options to obtain this coverage.

Veterans and other beneficiaries enrolled in VA health care already have the comprehensive health care coverage required by the law, and do not need to take any additional steps to meet the health care law coverage standards.

Veterans and not enrolled in VA health care are encouraged to apply for enrollment as soon as possible to begin taking advantage of the high quality health care they have earned through their service.

VA plans to publish additional articles on the health care law and

make additional information available via VA's website. If you have suggestions for other articles or have questions, please contact us at vhacohealthreform@va.gov.

AT A GLANCE

VA wants all Veterans to receive health care that improves their health and well-being.

If enrolled in VA health care, a Veteran does not need to take additional steps to meet the health care law coverage standards.

Veterans and other beneficiaries not currently enrolled in VA health care can apply for enrollment at any time. applications are accepted online at www.va.gov/health-benefits/enroll, by phone at 1-877-222-VETS (8387), by mail, or in person at a VA medical facility.

VA employees enrolled in one of the health care coverage options offered through the Federal Employees Health Benefits Program meet the health care law's requirement to have health care coverage, and no further action is required. Employees not enrolled in the Federal Employees Health Benefits Program may do so during Open Season in the fall of each year.

Nine Things To Do Today to Stay Healthy

Be Involved In Your Health Care: Take an active role-Work with your health care team to improve your health

Be Tobacco Free: Quitting smoking is the single most important thing you can do to improve your health-Don't use tobacco in any form

Eat Wisely: Eat a variety of foods including fresh fruits and vegetables and whole grains-Limit salt, fat, sugar and alcohol

Be Physically Active: Avoid inactivity. Aim for at least 2 ½ hours of aerobic activity each week

Strive for a Healthy Weight: If you need to lose weight, losing even a little will help-If you are normal weight, congratulations, maintain it

Limit Alcohol: If you choose to drink, limit to no more than 1 drink a day for women, 2 drinks a day for men-Avoid "binge drinking"

Get Recommended Screening Tests and Immunizations: Recommendations for screening tests depend on your age, gender, health status and family history-Ask which screening tests and immunizations are recommended for you

Manage Stress: Learn how to recognize stress and pay attention to stress-Learn ways to help you manage and reduce stress

Be Safe: Find out how to prevent sexually transmitted infections, falls and motor vehicle crashes-Take action to protect yourself, and those you love, from harm.

A Recipe for Health

VA Pheasant Dinner Recipe

Ingredients

1 3/4 Tbsp. flour
1 1/2 tsp. salt
1/4 tsp. black pepper
2 whole pheasants
1 Tbsp. + 1/4 tsp. cornmeal
3/4 tsp. sugar (granulated)
1/4 tsp. onion powder
1/4 tsp. paprika

1/8 tsp. celery seed
1/4 tsp. garlic powder
1/8 tsp. sage (ground)
3/4 tsp. soup gravy base
(chicken flavored)

Directions

Day before serving: Combine all dry ingredients until finely blended. Cut pheasant into servable pieces. Coat pheasant with dry ingredient mixture. Put in fridge overnight.

Gravy:

2 3/4 tsp. flour
3/4 c. water
3/4 tsp. soup gravy base (chicken flavor)

3/4 tsp. margarine
mushrooms as desired

Dissolve flour in 1/4 cup cold water. Dissolve bouillon in the remaining 1/2 cup water and bring to slight boil. Turn off heat and add flour and water mixture. Bring back to a boil, stirring constantly (to prevent lumps) until desired thickness.

Day of meal: Preheat oven to 350° and bake for 2 hours. Take pheasant out of oven and cover pheasant with gravy and mushrooms. Bake until tender, about 2 hours.



Just think - no more phone tag!

With Secure Messaging thru My Health^eVet, you can contact your VA Healthcare team without waiting on hold or playing phone tag. Secure Messaging is as easy to use as email, but completely safe and secure. It's great for non-urgent communication and general healthcare-related questions.

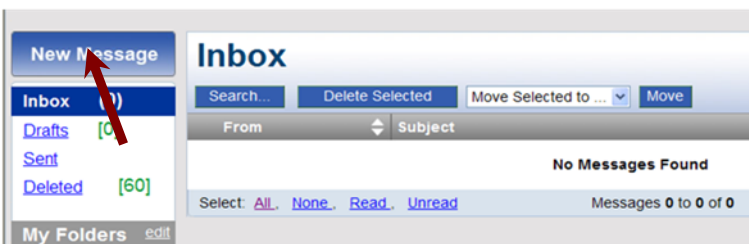
No Waiting on Hold!
No Waiting for a Call Back!
Don't Delay, Opt-in Today!

How to use Secure Messaging:

- 1) Log into your My Health^eVet account at: www.myhealth.va.gov
(Forgot your User ID or Password? Simply click on the 'Forgot User ID' or 'Forgot Password' link directly below the sign in box. Note, you only need to answer one of the two security questions that will appear.)
- 2) Select "Secure Messaging" on the top navigation bar, then click on the orange "Open Secure Messaging" tab in the middle of the screen.
- 3) If it's the first time you're accessing your Secure Messaging inbox, you will need to read the terms and conditions and select 'Opt In'.



- 4) Click 'New Message' and your provider's name will automatically be in the "To" line of the message.



We hope you take advantage of Secure Messaging. If you have any questions about Secure Messaging or My Health^eVet, please contact me via phone or email. I'll be happy to explain this time-saving tool.

You can also stop by my office during your next visit to the St. Cloud VA and I'll help you get on-track with Secure Messaging and many of the other great tools and features of My Health^eVet.



Brian Vetter
My Health^eVet Coordinator
St. Cloud VA Health Care System
Phone: 320-252-1670, dial 9 then ext: 7335





Take care of your buddy!

Help a fellow Veteran enroll
for VA healthcare.

Contact your County Veteran
Service Officer, call the St.
Cloud VA at 320-255-6340,

or apply online at

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